

Messages of hope

Hope for stress

Stressed at work, school and home, people are crying out for hope.

People are receiving hope to help with stressful situations. Here are a few of them;

“Many everyday routine situations activate my flight-fight response even if they don’t pose a real threat. For example, when at class for long hours my head starts aching. Perhaps, I take socialising as a threat. My levels of introversion and neuroticism are high.” Email

“Raising teenager and young adult in a world without hope. Fear of being find/jailed/executed for signing petitions, being a union member, not being a perfect parent.” Email

“My dad is dying, my husband can’t keep any job, all financial responsibility is on me, I moved to Australia and left my whole family for him, I have a lot of stress at work.” Email

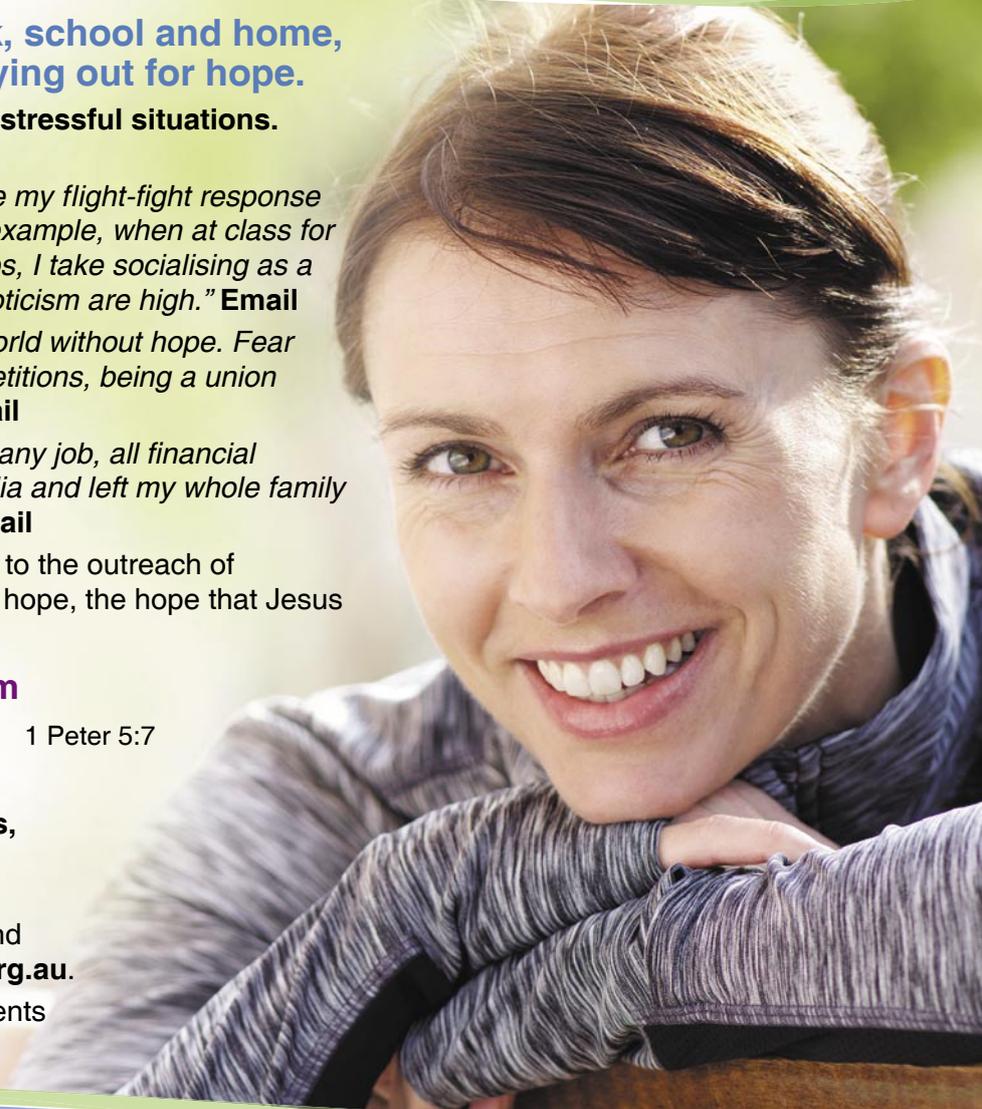
These, along with many other responders to the outreach of Messages of Hope, are crying out for real hope, the hope that Jesus Christ offers us all.

**Cast all your anxiety on him
because he cares for you.** 1 Peter 5:7

Thanks to your support, these people and many others are hearing messages, watching videos, and reading booklets about the hope Jesus Christ gives.

You can find these resources on stress and many other topics at messagesofhope.org.au.

PS: New videos on hope for stressed parents at messagesofhope.org.au/parenting



Coronavirus

The Coronavirus and restrictions have changed the way we live and have caused fear, anxiety and grief.

Your Messages of Hope is reaching out on more radio stations with hope to live through times like these. With the addition of social media, many people are receiving the hope and peace of Jesus Christ.

Listen to podcasts, watch videos, and download free pdfs about coping with the coronavirus and dealing with mental health, loneliness and grief at www.messagesofhope.org.au

Worship services online and by DVD are available through www.lutheranmedia.org.au/worship or call us on **1800 353 350**.

Bushfire

“My parents survived a devastating bushfire but much of the farm was destroyed. There is hope even amongst the ashes.”

Daniel heard and responded to your Messages of Hope on the bushfires that were played on many radio stations throughout Australia.

Go to messagesofhope.org.au to watch the messages and for hope in times of bushfires.

